Money p/9

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VANCOUVER • TUESDAY, JULY 8, 2008 metronews.ca

Celebrity p/18

A-Rod's wife files divorce papers

Bus stop attack random: Police

STABBING A 16-year-old girl remains in hospital after being stabbed in the stomach at a bus stop in an unprovoked attack.

Vancouver police Const. Tim Fanning said yesterday the Richmond girl was waiting for a bus at Granville Street and King Edward Avenue on Friday, when she was approached by a woman and stabbed. The suspect then jumped on an eastbound bus.

"They do not know each other at all and it's a very shocking incident for that very reason," Fanning said.

Police arrested Janet Wen Cho, 22, of Vancouver, down the bus route. She is charged with attempted murder. Fanning said mental illness was a factor.

KRISTEN THOMPSON/METRO VANCOUVER

Natives touting lumber abroad

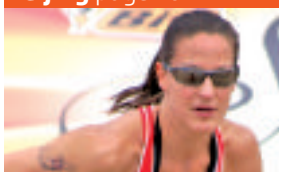
CHINA A First Nations group is in China on a trade mission to promote B.C.'s forestry products.

"B.C. First Nations hold 155 forestry licences," said trade mission leader Ed John, Grand Chief of the Tl'azt'en Nation. "In China … the demand for wood products just keeps on growing."

The delegation also attended the B.C. Forestry Week opening in the B.C.-Canada Pavilion, built in Beijing for the upcoming Olympic Games.

METRO VANCOUVER

Beijing page 10



Volleying for a Games spot

Health page 12

Book links foods with fertility

JENNIFER GAUTHIER/REPORTAGE EVENT PHOTOGRAPHY

Khai Ong, left, and Ian Franks walk down the aisle after their May 24 wedding outside the Brock House Restaurant on Point Grey Road in Vancouver.

5 years and going strong

Same-sex marriages celebrate milestone anniversary in B.C.

JOYCE YIP
for Metro Vancouver

Lloyd and Bob Peacock still remember the pastor who tried to break them up years ago.

"He said, 'you are nice guys, but what you're doing is wrong. It's like a young farm girl falling in love with her bull, would you think that's acceptable?'" Lloyd said. "I didn't know what to say, I almost fell off my chair. But I thought to myself, 'it really depends on the feelings of the bull.'"

Today marks the fifth anniversary of same-sex marriage in B.C., thanks in part to a lawsuit launched in 2001 by the Peacocks and seven other couples. Two years later, on July 8, 2003, it became legal. Their wedding was held on July 2004.

"I remember going to get my last name changed for my pension plan," Lloyd said. "The girl who helped me said 'you're my first same-sex couple, would you mind if I told my friends?' So, they all came in the cubicle and congratulated me. It was really funny."

Khai Ong and Ian Franks, who were married May 24, said their marriage was more positively looked upon.

"I feel that my wedding was more embraced because (before) it was at such an infancy stage back then," Ong said. "People didn't know what to do, they didn't know what to call us. But now it's just another event."

Place in history

On July 8, 2003, B.C. became the second province in Canada to legalize same-sex marriage, behind Ontario, after a Court of Appeal ruling.
A few hours later, Antony Porcino and Tom Graff became the first two men to be legally wed in B.C.

Ong said the acceptance comes from more than just the legalization of same-sex marriage. To him, B.C.'s open-mindedness plays the biggest part in the change of views since the lawsuit.

"I just think the legalization was about time. Even before 2003, B.C. was at the forefront with groups like same-sex unions," he said. "B.C. has always been accepting and more liberal for diversity here. I mean, the possibility of having a gay friend in Vancouver is pretty high."

Last October, Vancouver was voted the top gay travel destination for the second year in a row. In 2008, Tourism Vancouver has allotted about $100,000 to promote gay tourism from the U.S.

"In the last three years, we have enhanced our efforts to advertise Vancouver as a gay-friendly place," said Candice Gibson, manager, consumer marketing of Tourism Vancouver. "They're a part of a strategic and important niche travel market who is very loyal to us."

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Wood climate change initiative
The provincial government launched an initiative yesterday to make B.C. wood products part of the fight to tackle climate change. Wood absorbs and stores carbon, making it a "greener" alternative to steel concrete or plastic. METRO VANCOUVER

Local

Ackles memorial service

A private memorial service will be held for Bobby Ackles, B.C. Lions president and CEO, on Saturday. The service will be for family, friends and members of the B.C. Lions organization. A public ceremony and tribute will be held at the next home game on July 18. Ackles died Sunday of a heart attack. SOURCE: NEWS1130.COM

News in brief

MISSING A West Vancouver family is asking for help after their live-in nanny disappeared, cknw.com reports. Trudy Lynn Pitcher went to the Horseshoe Bay Ferry Terminal Sunday morning to meet friends and hasn't been seen since.

TASERED Abbotsford Police Tasered a man who allegedly assaulted his girlfriend, punched out windows and assaulted officers, news1130.com reports. Police said they were preparing the man for medical attention early Friday morning when he began punching and kicking them.

CHARGES A 45-year-old man appeared in court yesterday morning on attempted murder charges for stabbing a woman in a Downtown Eastside rooming house. Police said John Poplar and the woman were in an on-again-off-again relationship.

BLAZE Lougheed Highway was closed in both directions for about an hour yesterday in the Haney area of Maple Ridge after a fire broke out at a trailer court, news1130.com reports. It's unclear how the fire started or if anyone was injured.

METRO NEWS SERVICES

Ready for 2010

Arena first completed indoor Games venue

JEFF HODSON
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On budget and four months ahead of schedule, the new UBC Thunderbird Arena became the first completed indoor venue for the 2010 Games, Olympic organizers said yesterday.

The complex, home to ice and sledge hockey during the 2010 Olympics and Paralympics, includes a refurbished Father Bauer Arena, a practice rink and a 7,500-seat competition venue.

"We're just thrilled to have a venue that's not only great for the Olympics, it's great for the university and the wider community for years to come," said Stephen Toope, president of the University of B.C.

The project, which cost $47 million, began in April 2006 and was expected to be completed this fall.

"We've got three separate rinks, a great practice facility, but also a larger stadium facility that allows us to have concerts and other community events."

JEFF HODSON/METRO VANCOUVER

Quatchi, a mascot for the 2010 Winter Olympics, takes part in a ball-hockey match at the new UBC Thunderbird Arena yesterday.

August flooding

The rinks will be flooded in August and will be used for varsity and intramural games beginning in the fall.

For the first time in 2010, Olympic ice hockey will be played on the smaller North America-sized ice, as opposed to the larger European ice surfaces.

"On a smaller surface things happen more quickly," said Pat Quinn, the former Canucks coach who won gold at the 2002 Winter Games in Salt Lake City. "You'll see a more action-packed game.

Deadly weekend an anomaly, police say

KRISTEN THOMPSON
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The spate of gun violence over the weekend, which left one man dead and another in hospital, was an anomaly, Vancouver Police Const. Tim Fanning said yesterday.

On Friday evening, a man was shot in the leg at a busy west end intersection.

Early the next morning, a man was shot and killed outside a restaurant on Broadway.

"Over the last couple of years, we would have said (this) was not an uncommon weekend," said Fanning.

"But (since) November, when we started the uniformed integrated gang taskforce, we've had a lot of success in reducing gang play in the city."

"We are having an impact … Unfortunately we are still seeing people shot."

Fanning said it's difficult to investigate targeted shootings because witnesses don't co-operate with police. Saturday morning's incident, he said, is a case in point.

"Approximately 20 people were involved in the argument that started inside the restaurant … one man was shot, everybody scatters," said Fanning.

"There's people who can provide us with key information (but) don't."

RAFE ARNOTT/METRO VANCOUVER

VPD Const. Tim Fanning said the uniformed gangs task force is effective despite recent gun violence.

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Fuel price leads to shortfall

Rising fuel prices are expected to result in an overall shortfall of $1.4 million at Vancouver City Hall. The fire department alone expects to pay an extra $90,000 in fuel costs and engineering expects to be short $170,000. **SOURCE: CKNW.COM**

Police dog choked during arrest, escapes without injury

KRISTEN THOMPSON
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One of Vancouver's police dogs, a German shepherd named Bear, was nearly strangled by a suspect who was trying to outrun police early yesterday morning.

Const. Ray Wong and his four-legged partner were near Clark Drive when Wong noticed a suspicious vehicle outside a business.

Wong chased it into a cul-de-sac, at which point the suspects ran off on foot, said police spokesman Const. Tim Fanning.

"Police dog Bear grabs the driver and the driver immediately starts fighting with the police dog by choking him, so he's cutting off his wind, he's got his arm around his neck," Fanning said.

Bear and Const. Ray Wong.

Another unit arrived and the suspects, a 41-year-old and 38-year-old man, were taken into custody.

Break-in tools were found in their vehicle.

Bear was not injured.

mouth-to-snout

In 2002, Bear was electrocuted on the job. Const. Wong performed mouth-to-snout resuscitation on the way to the vet.

Share your thoughts »
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Burnaby woman facing murder charge

A 39-year-old Burnaby mother appeared in a Vancouver courtroom yesterday charged with the second-degree murder of her husband.

Danielle Alice Morton was arrested after her husband, Robert George Morton, was stabbed during a domestic dispute Saturday night at an apartment in the 7300 block of Halifax Street.

The 53-year-old was rushed to hospital with severe stab wounds. He died early Sunday morning.

Mounties spent Sunday at the apartment investigating the crime scene. The Ministry of Children and Families was brought in to care for the couple's children.

JEFF HODSON/METRO VANCOUVER

RAFE ARNOTT/METRO VANCOUVER
Mayor Sam Sullivan attends the opening of a social housing project on Richards Street yesterday.

Housing gets boost

KRISTEN THOMPSON
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Forty-four low-income people who are homeless, at risk of homelessness or living in single room occupancy hotels have a clean, safe and affordable place to call home with the opening of the Doug Story Apartments.

Yesterday was the official opening of the 45-unit social housing building at Richards and Robson streets, one of 12 city-owned sites being developed into social housing.

building's namesake

The building is named after a SRO resident who was a member of the Coast Resource Centre from 2001 until his death in 2006.

Phyllis Alfredson, a resident of the building who spent two years on the streets, said she feels she's been given a chance to start over.

"It's like a whole new beginning," she said. "You actually have a place of your own that you're not embarrassed about, that you can bring people to." "You can believe in yourself for the first time, believe that things can change, that life can get better."

She said she's physically and psychologically healthier, in part because the neighbourhood is safe and quiet.

Pat Zanon, with Coast Mental Health said housing is fundamental to recovery from mental illness and addiction.

"Without a home, it is absolutely impossible for people to move forward with their lives," she said.

News in brief

REPORT Vancouver city council will receive a six-month Project Civil City update today from commissioner Geoff Plant that outlines progress toward eliminating the open drug market, aggressive panhandling and homelessness.

POLITICS Vision Vancouver will select candidates for council, school and park board during a nomination meeting Sept. 20. The location of the meeting and the number of candidates that Vision plans to run has not yet been determined.

POLICE Ward Clapham, the former head of Richmond RCMP, is the new chief of the Lower Mainland's transit police. The 115-member organization is Canada's first transit police and works to increase safety and security on SkyTrain,

CELEBRATION Merchandise for the 2008 HSBC Celebration of Light will be available at London Drugs stores across the Lower Mainland, the festival society announced yesterday. London Drugs will donate 15 per cent of each Celebration of Light purchase until Aug. 4.

SHOOTING Police said yesterday they know the identity — but are not releasing it — of the second suspect involved in a West End shooting that sent one man to hospital with a gunshot to the leg.

METRO NEWS SERVICES

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Health Agency seeks to calm salmonella scare
The Public Health Agency tried to alleviate fears yesterday over a contaminated foodstuff that was found to be behind a U.S. outbreak of salmonella. Four Canadians have fallen ill since returning from the U.S. and the Public Health office insists the foodstuff is not distributed here. METRO CANADA

Canada

Canadian soldier killed by blast

A Canadian military medic who lobbied hard to be sent to Afghanistan was killed by an explosion early Sunday near the city of Kandahar. Pte. Colin William Wilmot, left, died after a bomb exploded while he was on overnight foot patrol with troops from the Princess Patricia's Canadian Light Infantry in the Panjwaii district.

Halifax police chop down tree protest

RYAN TAPLIN FOR METRO VANCOUVER

Halifax Regional Police officers arrest Chebucto Road protester Gordon Olsen on Monday. Olsen, of Vancouver Island, was arrested for breaching the peace.

LINDSAY JONES
Metro Canada

NOVA SCOTIA Chebucto Road residents in Halifax woke up to the sound of chainsaws as police and a construction crew swooped in at 5:30 a.m. to avoid confrontation as the city's controversial road-widening project continued.

By 7:30 a.m., the remaining six trees in the path of the project, which began Friday, had been cut down.

The city told residents construction would take place between 7 a.m. and sunset, but decided to start work earlier after a protest last week that saw six protesters arrested.

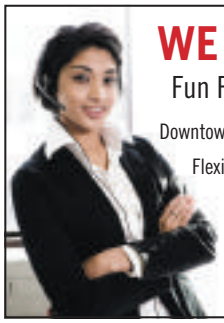
More than 40 police officers showed up to the area yesterday before 6 a.m.

Under city bylaws, no construction can take place between 9 p.m. and 7 a.m. without a special permit, however police reportedly met with city officials Friday to plan the move.

News in brief

G8 SUMMIT Canada and other Group of Eight countries meeting in Japan for a second day were said to have moved closer to agreement on long-term goals for fighting climate change. The accord is likely to be more binding than last year's summit pledge to "seriously consider" carbon emissions cuts of 50 per cent by 2050, according to reports from inside the negotiations.

ZIMBABWE Prime Minister Stephen Harper and other G8 leaders are poised to call for tougher sanctions against Zimbabwe after bluntly telling African leaders in Japan that they should move immediately to put an end to the "illegitimate" government of President Robert Mugabe. Harper said that Africa should not tolerate a Mugabe government. TORSTAR NEWS SERVICE



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Skydiving attempt
French skydiver Michel Fournier, after his failed attempt to set a record jump from 40,000 metres, says he will return to Saskatchewan on Sept. 7, to try again. METRO CANADA

Former Ottawa cop facing child pornography charges

TRACEY TONG
Metro Canada

A former Ottawa cop faces child pornography and child-luring charges here and in the United States after the High-Tech Crime Section searched a city residence on a warrant last week.

Police here obtained the warrant for the July 2 search of a Richmond home after receiving information from the United States Attorney's Office for the Western District of Pennsylvania. They seized computer equipment and two firearms from the home.

Paul Maher, 56, of Ottawa was arrested in New York in June 27 and Ottawa police issued a warrant for his arrest here yesterday, said High Tech Crime Section Detective Andrew Thompson. Maher will be transferred to Pittsburgh, Pennsylvania where a criminal complaint was filed by the district attorney's office.

City police have charged Maher with distribution of child pornography and child luring, said Thompson. He faces similar charges in the U.S., where he is also charged with firearm offences, including unsafe storage and possession of prohibited weapons.

A former Ottawa Police officer, Maher was hired in 1974 and resigned in 1988 in good standing, Thompson said.

questions remain

City police do not know when Maher will be released from custody by U.S. federal authorities and an extradition order may be needed to return him to Canada, where he is to answer to the charges laid here.

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Ontario gives Truscott $6.5 million

GUELPH Steven Truscott's 49-year legal nightmare is finally over thanks to a $6.5 million compensation cheque from the Ontario government.

Attorney General Chris Bentley announced yesterday that Truscott, 63, would receive the payout from the province almost a half century after being convicted of a murder he did not commit.

In a joint statement from their home in Guelph, Truscott and his wife, Marlene, said "this is a bittersweet moment for us."

bill

Marlene Truscott was awarded an additional $100,000 as compensation for lost earnings as she worked tirelessly to help him. Beyond the amount the province will also cover $990,000 in legal aid bills accrued during their crusade for justice.

"When we began this journey more than a decade ago, we thought only of exonerating Steven — the possibility of compensation never entered our minds," the couple said.

Sentenced to hang in 1959 at age 14 for the sex killing of his 12-year-old school chum Lynne Harper, Truscott has spent most of his life fighting to clear his name. Last August, the Ontario Court of Appeal quashed his conviction and acquitted him, ruling he was the victim of a "miscarriage of justice."

Even though Truscott had never demanded a financial settlement, the provincial government appointed retired judge Sydney Robins to determine how much should be paid out. Robins, who studied similar cases around North America, concluded Truscott deserved $250,000 for each of the 10 years he was in jail plus $100,000 per annum for the 38 years he was on parole. The judge then rounded up the amount to $6.5 million.

TORSTAR NEWS SERVICE

Russian soldier kills three comrades
A Russian soldier shot dead three colleagues and wounded another yesterday before killing himself, Russia's Defence Ministry said in a statement. The private ran away from his guard post and opened fire at other soldiers when they tried to detain him. REUTERS

World

"Screening should take place after age two, but no later than age 10."
New guidelines from the American Academy of Pediatrics regarding heart disease.

Kids' heart health
Some children as young as two should be screened for high cholesterol, high blood pressure and other heart disease risks, according to new guidelines from the American Academy of Pediatrics released yesterday.

News in brief

WEST BANK Israeli soldiers yesterday wounded at least 10 Palestinians in a West Bank town as they attempted to stifle protests against a separation barrier, residents said. Soldiers fired live ammunition and used teargas and stun grenades to try to quell violent protests at the Palestinian town of Nilin where Israel is building a barrier declared illegal by the World Court four years ago this week.

SPAIN Thirteen people were taken to hospital, one of them seriously injured, on the first day of the annual bull running festival in the northern Spanish town of Pamplona yesterday, organizers said.

POLITICS Presidential rivals Barack Obama and John McCain clashed over how to boost the ailing U.S. economy yesterday, with Obama pushing for a new stimulus package to help homeowners and McCain pressing for low income taxes and incentives for small business. REUTERS

41 dead in bombing

India's Kabul office target of suicide attack

A suicide car bomb hit the Indian Embassy in Kabul yesterday, killing 41 people and wounding 139, in an attack Afghan authorities said was coordinated with foreign agents in the region, a likely reference to Pakistan.

Afghanistan has accused Pakistani agents of being behind a number of attacks in recent weeks and Afghan President Hamid Karzai threatened last month to send troops across the border to attack militants there if Pakistan did not take action.

Afghan analysts argue Pakistan is loath to see the emergence of a strong Afghanistan that is friendly to India and is secretly backing the Taliban as a "strategic asset," enabling Pakistani forces to concentrate on defending the Indian border.

"I saw wounded and dead people everywhere on the road."
Danish Karokhil, witness

Pakistan denies the Afghan accusations and strongly condemned yesterday's attack in which the bomber rammed his car into the embassy just as two diplomatic vehicles were entering.

"I saw wounded and dead people everywhere on the road," said Danish Karokhil, the head of the independent Pajhwok news agency, whose offices are nearby.

India's military and press attaches and two Indian guards were among the 41 killed, but a line of people waiting for visas and shoppers at a nearby market were the main victims of the blast, the deadliest in Kabul since U.S.-led and Afghan forces toppled the Taliban from power in 2001.

A Taliban spokesman denied responsibility for the attack, although another militant spokesman said earlier the hard-line Islamist militia had been behind the bombing. The Taliban often disown attacks that kill large numbers of civilians. REUTERS

Colombia **Cargo plane hits house**

JOSE MIGUEL GOMEZ/REUTERS

Colombian firemen try to extinguish flames from the remains of a cargo plane that crashed in a house near Bogota yesterday.

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Microsoft still wants piece of Yahoo, financier says

Financier Carl Icahn quoted Microsoft Corp. CEO Steve Ballmer as saying Microsoft would be willing to reopen talks to buy all or part of Yahoo Inc. if a new board were elected at Yahoo's August shareholder meeting. REUTERS

Business

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Buyers wary of future: Survey

Canadian consumer confidence slumped to its lowest level in nearly 13 years in June due to the surge in gasoline prices and concern about future economic conditions, the Conference Board of Canada said Monday.

The board's index of consumer confidence dropped 6.2 points in June to 79.6, its lowest level since the fourth quarter of 1995. The results are based on 2,000 telephone interviews conducted in early June.

The survey said Canadians have become increasingly wary about making major purchases such as a car or house. The number of respondents who said now is not a good time to make a major purchase rose 6.1 percentage points to 54.9 per cent.

Asked if their families would be better off financially six months from now, 23.3 per cent of respondents thought they would be, down from 26.1 percent in May. About 21.9 per cent thought they would be worse off, up from 17.1 per cent a month earlier.

The survey also said 15.2 per cent of respondents felt there would be more jobs in their community in six months, down from 17.4 per cent. But those who believed there would be fewer jobs in six months dropped to 25.3 percent from 26.7 per cent in the May survey.

Every region of the country saw waning levels of confidence, with the largest decline in British Columbia, where the index fell to its lowest level since mid-2003. REUTERS

rate hike?

The Bank of Canada's Business Outlook Survey released earlier yesterday pointed to increased inflationary risks to the economy, which some market participants felt increased the likelihood of a rate hike in early 2009.

Canadian workers get protection in bankruptcies

PROGRAM Employees of Canadian companies that have declared bankruptcy will get compensation for unpaid wages under a new program that went into effect yesterday.

The Wage Earner Protection Program will cost the federal government an estimated $35 million a year.

About 10,000 to 20,000 workers in companies that have declared bankruptcy file claims for unpaid wages each year. Three-quarters of them never receive any payment and those who do only get about 13 cents for every dollar owed, Labour Minister Jean-Pierre Blackburn said. The program would pay workers $3,162 over four weeks. REUTERS

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Vancouver – July 10, 6:00 – 7:00 pm, Langara College, Room B153

Downtown Vancouver – July 16, 5:30 – 6:30 pm, CMA Office, 1055 – 555 Burrard Street

Richmond – July 22, 6:00 – 7:00 pm, Kwantlen Polytechnic University, Room 1370

CMA Certified Management Accountants

Mandela coin

MATHEWS BALOYI/REUTERS

Former South African president Nelson Mandela holds a 5 rand coin (inset) minted to commemorate his 90th birthday in Johannesburg yesterday.

Corporate Canada eyes green image

CHANGING Canadian companies are trying to cultivate a green competitive edge as concern about the environment mounts.

Nortel Networks, for example, is aggressively promoting its new network gear as twice as energy efficient as arch rival Cisco's posting videos on YouTube and running ads about a Cisco energy tax.

Canada's oil sands producers, in an effort to polish their environmental image, have launched a communications campaign to counter growing concern over the ecological costs of their developments.

And Canadian banks now tout green loans, investments and corporate responsibility. TD Bank says its Canadian operations will be carbon neutral by 2010.

Companies with reliable green claims have a potentially powerful appeal to investors' core instincts, said Tima Bansal, professor at the University of Western Ontario's Richard Ivey School of Business. Toyota, whose fortunes got a lift from hybrid cars, is a perfect example, as is green electricity retailer Bullfrog Power. REUTERS

News in brief

METALS MARKET Aluminum, used widely in packaging, transport, rose to a new record of $3,327 a tonne yesterday, exceeding a previous record high of $3,310 per tonne in May 2006, amid escalating worries over power problems in the world's biggest producer, China. REUTERS

BREWER Belgium-based InBev increased pressure on takeover target Anheuser-Busch Cos. yesterday with a plan to replace the U.S. rival's board of directors. A proposal filed with the Securities and Exchange Commission would lead to Anheuser shareholders voting on the board's future. REUTERS

To start a home-based business, you will need supplies, a separate business telephone line, a computer, software and a high-speed Internet connection and — often overlooked — to factor in costs for insurance and marketing. Before you start your home-based business, be sure to consult a chartered accountant. **NEWS CANADA**

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To manage credit, first know the score

If you are like most of our friends, we are willing to bet that you know all of the latest celebrity gossip. And you likely even know exactly what the last bid was on that purse you've been eyeing on EBay. But when it comes to your credit score, what do you know?

This powerful number is way more significant to your everyday life than you might think. It has a direct impact on your ability to take out a mortgage and apply for credit cards or other loans.

But most importantly this number determines the amount of interest you'll pay on all of these products. The higher your FICO score, the more money you'll save yourself. For example, someone with a score above 760 could literally pay thousands of dollars less per year in interest on their mortgage, than someone whose score is below 620.

The higher your FICO score, the more money you'll save yourself.

Credit scores range from 300 to 850. Here's how a credit score is broken down:

- 35 per cent = payment history
- 30 per cent = amounts owed on each account
- 15 per cent = length of credit (how long you've had the accounts)
- 10 percent = new credit (new accounts opened or inquiries made for more credit)
- 10 percent = types of credit in use (e.g. credit card, department store, mortgage, or school loans)

SmartCookies

www.smartcookies.com

And here's how you can keep your score high:

Payment History

Make your monthly payments on time. If you are having trouble keeping up with payments, notify your lender and work out an arrangement. Next, as soon as possible get current on any past due accounts.

Amounts Owed

Keep your total balance at 35 per cent, or less, of your total credit available. Also, you need to know that opening new credit cards or lines of credit just to make your outstanding balances look smaller in relation to your total credit capacity won't help; in fact, it could actually hurt you if you rack up more debt on those accounts.

Length of Credit

Consider keeping old accounts open if you've been a good borrower. Closing an account actually erases your good payment history from your report. It's better to cut up the card but leave the account open.

New Credit Category

When shopping for new credit, keep the search to a short time frame — aim for 14 days or less. FICO scores distinguish between a search for a single loan and a search for several new sources of credit, in part by the length of time over which the inquiries occur.

Get a Free Copy of Your Credit Report

Requesting a copy of your credit report for personal use does not affect your credit score. You're entitled to obtain as many copies of your credit report as you want, free of charge. You can get them through Equifax or TransUnion by visiting:

equifax.com/EFX_Canada/contact_us/index.html

or

creditprofile.transunion.ca/help/faq/ordering.jsp#three

If you have questions for the Smart Cookies, e-mail *smartcookies@metronews.com.*

"Requesting a copy of your credit report for personal use does not affect your credit score. ... Obtain as many copies of your credit report as you want."

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit *smartcookies.com* for more tips.

Use tax-free account for home buying

MoneyMatters

Henry Choo Chong
choochonghcga@yahoo.ca

Q My fiancée and I would like to save and purchase a home within the next three years. We have established RRSPs and intend to use the first time home buyer's plan to fund our purchase. Can we contribute more than our RRSP deductible amount and shelter the income and later withdraw the excess contribution?

LOU AND ROSE

A Individuals are allowed a $2,000 over-contribution to their RRSP without being subject to tax penalties but cannot deduct this over contribution. Amounts in excess must be used in the following year or may be penalized by CRA.

Using RRSPs under the First-time Home Buyers Plan (HBP) has been increasingly popular for young and older couples alike. The maximum withdrawal under the HBP for an individual is $20,000. This amount is repaid over a 15-year period, starting in the second year after the withdrawal.

Consider the New Tax Free Savings Account (TFSA) from the February's budgetary proposal that may provide an alternative to RRSPs:

- Effective January 2009, individuals may establish a savings account.
- They must be a Canadian resident and 18 years or older. Eligible kids qualify.
- They can contribute up to $5,000 per year. Unused amounts are carried forward and the individual may use at later a time.
- Contributions, unlike RRSPs, are not deductible.
- Income such as interest, dividends and capital gains from contributions are not subject to tax. Similar to RRSPs, and a great way to shelter income.
- Withdrawals are tax-free. Yes, it's true. No Tax.
- Over contributions are a no-no. They will be penalized at 1 per cent per month.

Start planning — with all the negative economic news reported, we all need a break.

Henry Choo Chong, CGA, provides accounting and taxation solutions. E-mail Money Matters: *choochonghcga@yahoo.ca.*

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Burnaby BOARD OF TRADE
Health & Wellness Show - Thursday, July 10th
Join us for our Health & Wellness Show to learn about what's new in health care, alternative medicine, nutrition and work-life balance. This is a fantastic opportunity to speak one-on-one with health care professionals and to learn how to improve your health and well-being!
This event will take place from 5:30 p.m. to 8:30 p.m. at Amica at Rideau Manor, located at 1850 Rosser Avenue in Burnaby. Attendance is free for everyone!
To register, please contact the Burnaby Board of Trade office at 604-412-0100, or visit us online at www.bbot.ca.
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Prices in this ad are valid for bookings made between July 8 & 12/08. Prices are per person based on double occupancy, unless otherwise stated, from Vancouver International Airport. New bookings only. Subject to availability. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures. BC registration #32229. [1]Aeroplan Miles are not actual miles, but points towards rewards including travel rewards. Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger, and are awarded on flight-inclusive travel only, and are per Aeroplan member. ■ Earn 1,350 Aeroplan Miles. Earn an additional 2,500 bonus Aeroplan Miles if booking is made by July 31/08 for departures between Aug. 15 & Dec. 15, 2008. [2]Earn 1,325 Aeroplan Miles. Earn an additional 2,500 bonus Aeroplan Miles if booking is made by July 31/08 for departures between Aug. 15 & Dec. 15, 2008. ■ ®Aeroplan is a registered trademark of Aeroplan Limited Partnership. ®Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership. Visit www.aircanadavacations.com for up-to-date information.

Reading material Free Bibles in both English and Chinese, bearing the Beijing Olympic logo, will be available to athletes and tourists at next month's Games, state media reported yesterday. The 50,000 copies will be available in churches and the athletes' village, the China Daily reported. REUTERS

Beijing Games

Cooke getting her 'second wind'

Former indoor volleyball player looks to secure a spot at Olympics

JOHN CHICK
Metro Canada

Take a look at your nearest beach on any given summer evening and it won't be too hard to find a group playing beach volleyball. While many of them may have had a background in the sport, it's unlikely any of them are heading to the Olympics in the future.

Yet, that's exactly where Dana Cooke is poised to be headed, pending the outcome of a tournament in France this week.

The 33-year-old Cooke and partner Annie Martin have spent the last month travelling Europe, going from tournament to tournament in an effort to secure a spot in Beijing. Had you asked Cooke two years ago if she thought she'd be in this position, the answer would have been no.

"It was just a ridiculous thought to me, that I had virtually no beach experience besides tournaments on the OVA tour for fun and the usual bar leagues in the summer," says Cooke about her relatively recent foray into the beach game. "Actually I didn't like it at all ... I felt the game was not powerful and that few players really hit. I didn't understand all this cut-shot, roll shot and pokey stuff."

But like any athlete can tell you, while the game may change, it never leaves you. Cooke is far from a volleyball neophyte. As an indoor player she was a standout high schooler in suburban Toronto, parlaying that into an NCAA scholarship at Michigan State. As the program rose from the cellar, she helped lead the Spartans to two Big Ten Championships and a Final Four appearance. After that it was a professional indoor volleyball career in Holland, an experience she wouldn't have traded for anything.

"It won't make you crazy rich, but I had great times both on and off the court," she says. "Living in Europe, getting paid to play a sport — what a life!"

Cooke came home to coach the McMaster University men's team for two seasons before returning to Europe, but it wasn't until 2006 that her current path came into focus. While attending — out of curiosity — an identification-selection camp for the Canadian National Beach Volleyball Team, she was approached by Martin and her coach Vincent Larivee.

"I thought, 'What a great opportunity to get three days of training and playing with Canada's best,'" says Cooke. "I didn't foresee being approached by Annie's coach on day two and [him] asking me if I would like to be her partner and try to make a go of it for the Olympics. All I could do was laugh — and I did, out loud."

Despite our reputation as a winter-centric sports nation, Canada has a decent track record in the short history of Olympic beach volleyball — Mark Heese and John Child brought home bronze in the men's event in 1996 — and Cooke has embraced the opportunity.

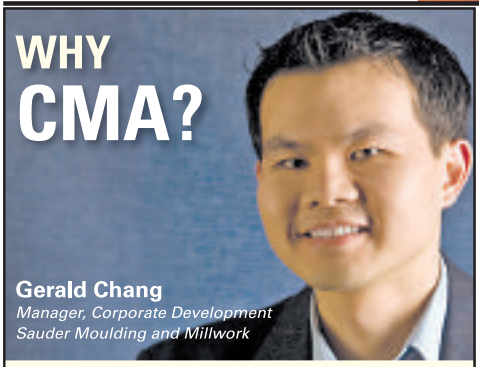
"Being a beach player is a lifestyle," she says. "You have to love it to face the challenges that are constantly put in front of you regarding travel, funding and just competing at this world level."

A "second wind" is a perfect way to describe it, explains Cooke. "I was very fortunate and I feel it's a 'right place, right time' moment."

PHOTOS COURTESY OF DANA COOKE

Annie Martin, left, and Dana Cooke in action on the beach.

WHY CMA?



Gerald Chang
Manager, Corporate Development
Sauder Moulding and Millwork

Earning the distinction of being the youngest Manager in his company's 80 year history, Gerald Chang's experience spans from being a Financial Analyst, to a Business Development Manager for a Beijing consulting company to his current position as Manager, Corporate Development with Sauder Moulding and Millwork. Gerald began the **CMA Program** in September 2007.

"Thanks in large part to my experience and my current training in the CMA Program, I recently accepted a promotion and will be using a lot of what I learn as a CMA to enhance our company's leadership development and overall corporate strategy."

"I chose CMA because I wanted to differentiate myself by obtaining the designation that provides the best mix of strategy, leadership and accounting."

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cmabc.com

For more information on the CMA Program contact Jameel Dawood: 604-484-7024 or Jameel@cmabc.com.

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Nursing Unit Clerk
Wednesday, July 9, 5 p.m. - Room 518

Employment & Educational Access for Women
Thursday, July 10, 2 p.m. - Room 424
Thursday, July 17, 2 p.m. - Room 424

Hair Design and **Esthetics**
Wednesday, July 16, 4:30 p.m. - Room 201

Certified Dental Assisting
Wednesday, July 16, 5:00 p.m. - Dental Clinic Reception area, 3rd Floor

Dental Reception Coordinator
Wednesday, July 23, 4:30 p.m. - Room 512

Medical Office Assistant
Thursday, July 24, 5 p.m. - Room 518

All sessions are offered at our **Downtown campus**
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For more information visit **www.vcc.ca** or call our advising department at **604.443.8453**

Vancouver Community College

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Centre for Continuing Studies Centre for Technology School of Hospitality
Centre for Transportation Trades School of Instructor Education
School of Language Studies Centre for Design Centre for Business Studies

Saskatchewan gets World Juniors
Hockey Canada, in partnership with the Canadian Hockey League, announced yesterday that Saskatoon and Regina will host the 2010 IIHF World Junior Championship. Ottawa will host the 2009 tournament. METRO NEWS SERVICES

Sports

"Whoever wins the French Open and Wimbledon in the same year for me is the No. 1 in the world."

Tennis legend Boris Becker on the fact Rafael Nadal still trails Roger Federer, whom he beat to win the French Open and Wimbledon, in the world rankings.

Umberger signs

The Columbus Blue Jackets inked forward R.J. Umberger, left, to a four-year contract yesterday. They acquired Umberger in a trade with the Flyers.

Ackles will be missed

Canadian football legend had a genuine love for the game

ToulBox

Scott Rintoul
scott.rintoul@metronews.ca

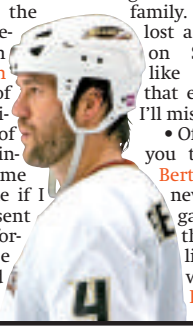
By now you've undoubtedly heard a number of wonderful anecdotes about the late Bob Ackles. Here's mine.

Six years ago, Bob spearheaded the Lions' Orange Helmet Awards Dinner, which each year raises money for and acknowledges the accomplishments within amateur football across the province. Following a very successful initial event, Bob decided that a pair of coaches should be recognized annually for not only their prowess on the sideline, but also for the impact they have in their respective communities. He invited me to sit on the small committee that would evaluate the yearly applications for the two awards, and I immediately accepted.

Though the main task was determining the criteria for the coach's awards and reading through applications from various associations, most meetings involved Bob and the other elders in the room regaling the group with invaluable tales of the pioneers of football in this province.

But as was always the case with Bob, the job he was there to do got done. After a bit of deliberation and tabulation, the committee had selected my high school coach, Brian Olthuis, as one of the award recipients. A couple of weeks before the dinner, Bob pulled me aside and asked me if I would like to present the award to my former coach. He thought it would mean more to Brian if he received it from one of his players. I only hope Bob knew how much that opportunity meant to me.

That was Bob Ackles; he always knew how to apply the personal touch. Whether he was talking to a wealthy CEO about sponsorship or an eighth grader about aspirations of playing football, he always spoke from the heart. His genuine love for the sport and the team he championed always shone through, as did his unwavering affection for his family. This country lost a great citizen on Sunday, and like anyone else that ever met Bob, I'll miss him.



• Of all the places you thought Todd Bertuzzi would never play, Calgary was near the top of the list. At least it was until Mike Keenan arrived.

For the third time in Bertuzzi's career, Keenan has acquired the unpredictable winger, and for the third time it's hard to tell what he's getting. If healthy and properly motivated, Bertuzzi has the potential to replace the points of former Flame Kristian Huselius, but those are two big "ifs".

However, his $1.95 million US salary is appropriate for the type of risk/reward proposition that Bertuzzi presents at this point in his career.

I can only imagine the venom Canucks' fans will spew if Bertuzzi is an integral part of a run at the Cup for Calgary — the team many feel the Canucks could have defeated back in 2004 had Bertuzzi not been serving his suspension for sucker punching Steve Moore.

How to make a Scott Rintoul: Mix equal parts college athlete, sports fan and broadcaster. Shake vigorously.

SCOREBOARD

MLB

YESTERDAY'S RESULTS

AMERICAN LEAGUE
Boston 1 Minnesota 0
Kansas City 7 Tampa Bay 4 (10)
L.A. Angels 9 Texas 6
Oakland 4 Seattle 3

NATIONAL LEAGUE
Colorado 4 Milwaukee 3
N.Y. Mets 10 Philadelphia 9
Pittsburgh 10 Houston 7
Florida 3 San Diego 1
L.A. Dodgers 3 Atlanta 0

TODAY'S GAMES

AMERICAN LEAGUE
Minnesota at Boston, 4:05
Tampa Bay at N.Y. Yankees, 4:05
Cleveland at Detroit, 4:05
Baltimore at Toronto, 4:07
L.A. Angels at Texas, 5:05
Chicago W. Sox at Kansas City, 5:10
Seattle at Oakland, 7:05

NATIONAL LEAGUE
Houston at Pittsburgh, 4:05
St. Louis at Philadelphia, 4:05
San Francisco at N.Y. Mets, 4:10
Arizona at Washington, 4:10
Colorado at Milwaukee, 5:05
Cincinnati at Chicago Cubs, 5:05
Florida at San Diego, 7:05
Atlanta at L.A. Dodgers, 7:10

CFL

WEEK 3
THURSDAY'S GAMES
Calgary at Montreal, 4
Toronto at Edmonton, 7
FRIDAY'S GAME
B.C. at Winnipeg, 5
SATURDAY'S GAME
Saskatchewan at Hamilton, 1

SOCCER

GAMES FEATURING THE VANCOUVER WHITECAPS' MEN'S TEAM:
TOMORROW'S GAME
Toronto at VANCOUVER, 7

BASEBALL

NORTHWEST LEAGUE GAMES FEATURING THE VANCOUVER CANADIANS:
LAST NIGHT'S RESULT
Boise 8 VANCOUVER 1
TOMORROW'S GAME
Spokane at VANCOUVER, 7:05

WHY CMA?

Jonathan Irwin
General Manager
Paterson Countertops

As General Manager at Paterson Countertops, a family owned company, Jon Irwin's responsibilities cover almost all aspects of the business. Since September 2007, Jon has been enrolled in the **CMA Program.**

"I favoured the CMA designation specifically, as it brings accounting, management, and strategy together, three pillars of any successful business, and an invaluable skill set."

To find out how a CMA designation can benefit your career attend a CMA information session.

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July 10th, 6:00 – 7:00 pm, Vancouver
Langara College, Room B153
July 16th, 5:30 – 6:30 pm, Downtown Vancouver
CMA Office, 1055 – 555 Burrard Street
July 22nd, 6:00 – 7:00 pm, Richmond
Kwantlen Polytechnic University, Room 1370

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For more information on the CMA Program contact Jameel Dawood: 604-484-7024 or Jameel@cmabc.com.

YorkReport

Marty York
marty.york@metronews.ca

Cubs targeting Burnett, Harden

MLB After losing out on C.C. Sabathia the NL West leaders are in trade talks to acquire Victoria-native and Oakland A's pitcher Rich Harden to bolster their starting rotation For more check out the York Report at *www.metronews.ca.*

Fans told to wear blue for Whitecaps-Toronto FC battle

SOCCER The Vancouver Whitecaps FC are hoping to drown Toronto FC in a sea of blue tomorrow night as the teams battle in the Nutrilite Canadian Championship, a three-team tournament to qualify for the 2008-9 CONCACAF Champions League.

The Whitecaps will be wearing their away blue jerseys for their final game of the round robin and are encouraging their fans to do the same.

On July 1, the Whitecaps beat Toronto 1-0 on a Martin Nash penalty kick to keep the team's hopes alive. Vancouver's victory was Toronto's first defeat this year on home turf.

The 'Caps are 1-2-0 in the tournament after dropping their first two games to the Montreal Impact. Toronto is 1-1-0 and the Impact are 2-1-0. The final game of the tourney, between Toronto FC and the Impact, will be held July 22 in Toronto.

Tomorrow's match starts at 7 p.m. at Swangard Stadium. Tickets start at $18.

JEFF HODSON/METRO VANCOUVER

Sports in brief

SIGNING The Toronto Maple Leafs signed restricted free agent forward Matt Stajan to a two-year contract yesterday. Per club policy, terms of the deal were not disclosed.

MLB After weeks of speculation the Milwaukee Brewers officially acquired pitcher C.C. Sabathia from the Cleveland Indians yesterday for a package of four players.

NHL The Philadelphia Flyers and general manager Paul Holmgren agreed to a three-year contract extension through the 2011-12 season yesterday. METRO NEWS SERVICES

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Health

Pamper yourself

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A well conceived diet

New book suggests foods that can help increase fertility

CELIA MILNE
for Metro Vancouver

PREGNANCY. Could the low-fat craze be stopping some women from getting pregnant? It's possible. This and other nutritional surprises are found in a new book called The Fertility Diet. Far from just another fly-by-night diet book, this book is written by two experts from Harvard University in Boston who have been studying nutrition and fertility for decades.

Drs. Jorge Chavarro and Walter Willett pored over findings from the Nurses' Health Study II — one of the longest-running studies ever of women's health factors — to find out what kind of diet best boosted fertility. There were 18,000 nurses in the study. Indeed, researchers found that whole fat dairy products protected against a common type of infertility called ovulatory infertility. The source of protein is important too: nuts and beans appear to enhance fertility while red meat decreases it. And another surprise: intense exercise boosts fertility.

"What we learned from this study is that these simple lifestyle changes can actually reduce the risk of experiencing infertility when it's due to ovulatory disorders, one of the most common causes of infertility," said Dr. Chavarro in an interview.

New book The Fertility Diet recommends nuts, beans, full-fat dairy products, and whole grain bread as some foods that can increase a woman's chance of conceiving.

While following the nutritional guidelines in the book won't guarantee that a woman will conceive, it does increase her chances.

Much of the advice in The Fertility Diet is similar to nutritional advice often given to prevent many diseases.

- Avoid trans fats
- Use more olive and canola oils
- Cut back on red meat
- Eat more beans and nuts
- Choose whole grain rather than white bread
- Eat or drink full-fat dairy products
- Take a multivitamin containing folic acid
- Avoid soda pop
- Stay lean and exercise regularly

Study participants understand goals

CLINICAL TRIALS People who take part in clinical trials often do so out of a desire to advance scientific knowledge and to help others, a new international study demonstrates. "These results indicate that it is possible for patient participants, even those seeking treatment for a life-threatening illness, to recognize and embrace the goals of the research in which they participate," Dr. David Wendler of the National Institutes of Health in Bethesda, Maryland and colleagues conclude. REUTERS

HPV detected in breast milk

DISEASE Human papillomavirus type 16, which has been linked to cervical cancer, can be detected in human breast milk collected during the early period after a woman delivers her baby, doctors from Finland report. REUTERS

Migraines get the zap

CELIA MILNE
for Metro Vancouver

U.S. researchers have developed a hand-held zapping device that may stop migraines before they start. The machine works best for those who have an aura – blurred vision, seeing flashing lights, weakness and nausea – before their actual headache begins.

Here's how it works: During the aura phase, the sufferer holds the gizmo, which is called a transcranial magnetic stimulator (TMS), against his or her head. This sends a strong electric current to the neurons in the brain, interrupting the aura before it results in a throbbing headache.

During testing, 39 per cent of patients starting a migraine were pain free after using the device.

Researchers at Ohio State University Medical Center announced their findings at the recent annual American Headache Society meeting in Boston.

Health in brief

CANCER Breast reconstruction after cancer surgery can have lasting benefits for women's psychological well-being and body image, a new study suggests. Research has shown that for women who have a mastectomy to treat breast cancer, reconstructive surgery can provide a psychological lift, helping to improve self-esteem.

SURGERY Key-hole surgery to treat endometriosis is associated with good short-term outcomes but has a high reoperation rate in the long run, research suggests. Hysterectomy, on the other hand, while "too radical," is associated with a low reoperation rate, the study team found.

SPORTS Supplements containing sodium bicarbonate, or baking soda, may help competitive swimmers cut through the water a little faster, according to a small study. The downside of sodium bicarbonate is its potential for side effects, especially at high doses. REUTERS

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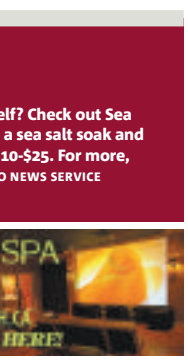
LA Weight Loss Centers
Before



Hot stone massage
Next time you're at the spa, try a hot stone massage for total relaxation. A massage therapist places warm, smooth, black river rock on strategic parts of the body, such as between the toes, in the palms of hands, and on the chest and back. ALIVE MAGAZINE

Health

Balancing family vacations and sanity

HineSight

Anne Hines

Today, I'm packing for our annual family vacation. To be honest, "family vacation" seems a contradiction in terms; much like "too much coffee" or "leisure activity" or "delicious soy beverage." There's an old saying, "Friends are God's way of making up for your family." Family vacations often leave me muttering, "Yeah well, it's not enough."

I love my family. I just don't always love being with my family. I am not one of those people who think that families are people who push all your buttons.

Real family, I'm convinced, are the ones who push your buttons, hold them down and slap a piece of duct tape over them.

If one of our family loses a job, divorces, or comes out as gay or transgendered — we have shared all these things, some more than once — the rest rally round and support each other, no question. But on a day-to-day basis, we bicker. We argue. We have difficulty always seeing life from the other's perspective.

We share a problem that is common to many family groups — we're human.

Over the years, I've learned how to balance those two precious things in life that don't always seem to go hand in hand: family relationships and personal sanity. Simple methods. Patience. Understanding. Call display.

When it comes to family vacations, one coping strategy is to focus on the upsides. For instance, anyone who has trouble channeling their inner child can spend many years in expensive, in-depth therapy, or they can attend a family gathering. With family, no one ever progresses past seven years old. No matter how mature or sophisticated I think I've become, my brother, Bruce, has only to say, "Remember the time Anne set fire to the dining room table?" and I'm reduced to, "Mom! Bruce is teeeeasing meeee!"

Self-help books can also be useful. Basically, these authors give the same advice as your mother, without finishing off with, "And if you'd sat up straight at the table this wouldn't be happening." It makes all the difference.

One book I read suggested that families who share a common dream get along better.

My brothers and sisters do this: We each dream of being an only child.

In the end, the best we can hope for from time with relations is that after the squabbles and misunderstandings, we're still together.

And perhaps, when it comes to family, that's just perfect.

Anne Hines is an author and humour writer. She has written three novels and one collection of non-fiction humour.

"Freshman 15" myth?

Researchers say young women gain about five pounds

The popular notion that new college students put on 15 pounds of weight in the first year — known as the "Freshman 15" — is not all a myth with Canadian researchers finding young women do gain about five pounds.

The few studies to date of weight gain among college freshman have found that they don't put on 15 pounds but they do put on a few, said Dr Janis Randall Simpson and colleagues at the University of Guelph, Ont., and elsewhere.

"It's still alarming because that happened over six to seven months," Randall Simpson told Reuters Health.

"If young women going to university continue to put on weight at that rate it could be very problematic."

The researchers followed 116 young women as they entered college, asking them about lifestyle and diet and checking their weight, fat mass, body mass index (BMI) and waist circumference in August/September 2004, November 2004, and March 2005.

During that time, girls' weight increased by 2.4 kilograms (5.3 pounds), on average.

Average BMI went from 22.3 to 23.1, while body fat percentage rose from 23.8 per cent to 25.6 per cent. Their waists also expanded by an average of 2.5 centimeters (about 1 inch), the researchers report in the Journal of the American Dietetic Association.

The study participants' calorie intake didn't increase during the course of the study, and their alcohol consumption only rose from 2.7 to 3.1 drinks a week, the researchers found.

"If young women going to university continue to put on weight at that rate it could be very problematic."
Dr. Janis Randall Simpson, University of Guelph, Ont.

Time spent watching TV fell by 44 per cent, but computer time jumped by an hour a day.

A statistical analysis suggested that girls who were engaged in less moderate activity in college than in highschool were more likely to gain weight, Randall Simpsonexplained.

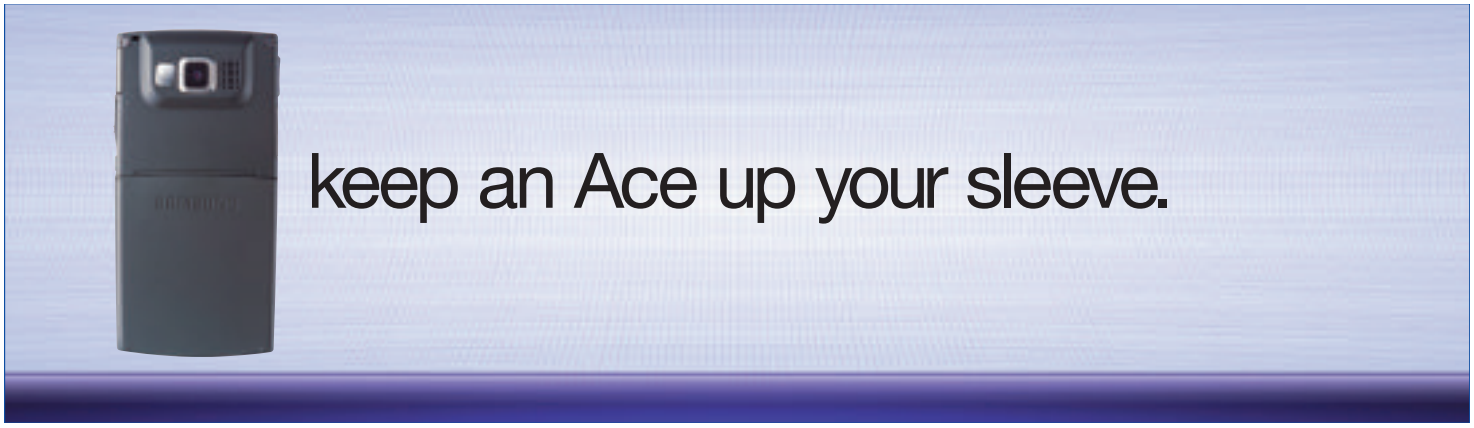
It's possible, she added, that girls who participated in sports during high school decided to skip athletic team participation in college because they were spending more time studying.

While their study found no increase in calorie intake, the researcher noted, it relied on the girls' report of what they had eaten in the previous 24 hours, which isn't necessarily a reliable way to gauge a person's average calorie consumption.

At college, she pointed out, "they do have cafeterias available where it's all you can eat."

The findings suggest that colleges should do more to incorporate physical activity into the lives of female college students, and she advised that girls entering college should watch what they eat and be sure to get enough exercise. REUTERS

Studies that document weight gain among college freshman found that they do put on a few pounds but not necessarily 15.



Broken legs
Opera star Dame Joan Sutherland has broken both her legs after a fall in the garden of her home in Switzerland. METRO

Entertainment

Taylor live
James Taylor is currently touring Canada with his wife, Kim, and their seven-year-old twins Henry and Rufus. He plays Vancouver on July 18. METRO

Polaris list unveiled

Vancouver's Black Mountain up for prestigious music prize

BRYAN BORZYKOWSKI
music@metronews.ca

Electro-pop rocker Caribou, hip-hop artist Shad and popular indie act The Weakerthans were among the artists shortlisted yesterday for this year's Polaris Music Prize.

Like the Mercury Prize in the U.K., the $20,000 Polaris honours the year's best Canadian album as voted on by a jury of 178 music journalists — past winners include Final Fantasy and Patrick Watson.

"It's a strong list as always," says Steve Jordan, the Polaris Prize's executive director. "This year points to a lot of the reasons why the whole world is getting into this stuff."

The winner will be announced at an awards show in September. Here's a quick look at the 10 artists who made the shortlist:

Black Mountain, In The Future: If your radio is permanently set to classic rock, this Vancouver psych-rock act is for you. Their second disc is loaded with heavy riffs, Led Zeppelin-like wails, and Black Sabbath infused bombast.

Basia Bulat, Oh My Darling: You can't go wrong with sweet, folk songwriting, but this London singer-songwriter offers more than that. Her debut disc is loaded with easygoing indie pop numbers, perfect for a summer drive to the cottage.

Caribou, Andorra: Dan Snaith might not be living in the Great White North anymore — he calls London, England home — but his electronica-meets-Beach Boys pop tunes are still beloved by indie-loving Canucks.

Kathleen Edwards, Asking For Flowers: The buzz has been building around this songstress for years and it's easy to see why. Her third disc includes everything from low-key hooks and distorted guitar blasts to gut wrenching lyrics about a murdered Toronto 20-something.

Holy F–k, LP: Their name might be controversial, but you can't argue over this Toronto band's talent. The foursome is known for frenetically twisting knobs, pounding keyboards and pushing buttons to achieve some of the best distorted dance music around.

Plants and Animals, Parc Avenue: They might share a label with last year's Polaris Prize winner, but that's where the similarities end. This trio's debut delves deep into jammy, classic rock territory, complete with harmonies, solos and hooks.

Shad, The Old Price: While it's a shame more hip-hop didn't make the shortlist, Shad's sophomore disc is definitely deserving of the prize. Stocked with infectious rhymes and brilliant beats, Shad isn't afraid to get serious about the travails of Canadian life.

Stars, In Our Bedroom After The War: Stars' fourth release is the dreamiest record on the list. While the lush, complex arrangements alone should garner these guys a few points, the boy-girl harmonies might put them over the edge.

Vancouver's Black Mountain, above, Ottawa's Kathleen Edwards, right, and Montreal's Stars, below, are among the artists nominated for this year's Polaris Music Prize.

Two Hours Traffic, Little Jabs: This Joel Plaskett-produced Charlottetown foursome play catchy, road-trip approved rock 'n' roll, ideal for a jaunt across Canada.

The Weakerthans, Reunion Tour: These Winnipegger's are known to many — their poetic lyrics and accessible sounds have fans around the world — so it won't be a shock if their introspective new disc takes the crown.

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NASCAR fans get a surprise
Surprise! Thousands of NASCAR fans who turned up for Saturday's Coke Zero 400 were shocked to realize that the lively country-rock band playing featured a familiar face: Kevin Costner on lead vocals. METRO

Bon Jovi nears end of Lost Highway tour

Things are starting to get "a little bit" sentimental around the Bon Jovi camp as the New Jersey rockers enter the home stretch of their 2007-08 world tour, according to guitarist Richie Sambora.

Bon Jovi kicked off a final North American leg Sunday in Sarnia, Ont., and will finish with two shows at New York's Madison Square Garden on July 14-15. Bon Jovi will also play the Major League Baseball All-Star Game concert on July 12 in New York's Central Park.

By the time it wraps the Lost Highway tour will have played to an estimated 966,000 fans worldwide since it began last October in New Jersey. The tour promoted the 2007 album Lost Highway, which was Bon Jovi's first No. 1 debut on The Billboard 200 and has sold more than 3.5 million copies worldwide, according to Universal.

"Each tour is the end of an era and it's an end of a journey," Sambora told *Billboard.com*. "The journey starts out with Jon (Bon Jovi) and I sitting in the room with a couple of pieces of paper and a pen and a guitar, and the songs start the whole thing. And it ends up in the studio with the band and then on the promotional tour … and then the fun part, taking it to the people. So this'll be the end of the Lost Highway era — and the beginning of a new one, absolutely."

"Each tour is the end of an era and it's an end of a journey."
Richie Sambora

Bon Jovi is starting to plot its next moves, too. One project in the offing is a documentary commemorating the band's 25 years. Oscar-winning filmmaker Barbara Kopple (American Dream, Harlan County, USA) has been on the road with the band this year. There's also talk of a second greatest hits album, for which Bon Jovi might record some new songs

"I'm not quite sure where to go — Is it Greatest Hits, Vol. 2 or is it time for a solo record — or is it time to walk away?" says Bon Jovi, who will also be focusing on the Philadelphia Soul of the Arena Football League team he co-owns with Sambora. "I don't know what it'll be yet. I'm thinking about it but not thinking about it, y'know? I'm still too caught up in this touring process to think."

Sambora, meanwhile, says he'd be surprised if there's much time away from Bon Jovi. "I wouldn't foresee much of a break, no," says the guitarist. "We need to take a little bit of a breather and decompress, and then we'll get back together and see what's going on." REUTERS

Bon Jovi is nearing the end of its world tour.

Osbournes back on TV

The Osbourne family are making a return to U.S. television with a variety series, according to a report.

Sharon, Ozzy and their children Jack and Kelly will host the six part show, which will feature music and comedy sketches, BBC News Online has Daily Variety reporting.

The Fox network has commissioned the program and plans to launch it with a Christmas special.

The Osbournes' MTV reality show ran for three years until 2005, while they presented this year's Brit Awards.

Mike Darnell, Fox's head of alternative programming, said the show was intended to make the concept of the variety show "feel new."

SIBLING RIVALRY

Other elements for the show under discussion include a gameshow slot, audience participation and pre-recorded location items.

Eugene Young, an executive producer with the show's makers Fremantle, told Variety it would "tap into what the Osbournes do best, which is be themselves."

THE DARK KNIGHT
Go to metronews.ca and tell us the page you found this on

He said Ozzy might be shown "skewering pop culture," while the sibling rivalry between Jack and Kelly would become a feature of some of the sketches. Celebrity TV variety shows that were popular in the U.S. during the 1970s included those fronted by Sonny and Cher and Donnie and Marie Osmond. The Osbournes have become U.K. TV regulars, with Sharon Osbourne appearing as a judge on The X Factor. She also sits on the panel of America's Got Talent.

Ozzy and Sharon Osbourne.

Her son Jack has his own U.K. series called Jack Osbourne: Adrenaline Junkie. METRO NEWS SERVICES

News in brief

TELEVISION Former U.S. president and saxophonist Bill Clinton will be featured in an episode of the new Elvis Costello-hosted talk/music series set to air on the Sundance Channel in the United States. Clinton, Lou Reed, Tony Bennett and Elton John are the subjects of the first four episodes of Spectacle: Elvis Costello With … which will debut on Dec. 3.

PAPARAZZI For years Hollywood's paparazzi have hounded celebrities, but now — with help from local politicians, a lawyer in the Monica Lewinsky case, and even Malibu surfers — they are the ones feeling the heat. In Los Angeles and the nearby beachside enclave of Malibu, city leaders want to slap restrictions on the paparazzi citing safety concerns. But the paps, along with legal experts, say they are protected by their right to free speech under the U.S. Constitution. REUTERS

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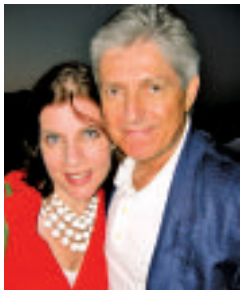
Casting

The Shield co-star Jay Karnes is staying at FX with a recurring role on the cable network's upcoming drama series Sons of Anarchy. REUTERS

ABOVE: Vancouver actress Catherine Lough Haggquist finds herself in an enviable position between Petty Officer Doug Cahoon, left, and First Corporal Kevin Wallace on board the HMCS Winnipeg.

ABOVE: Lieutenant-Commander Kris Phillips, who works at the Canadian National Defence Public Affairs Office, and wife Cynthia Larue enjoy Canada Day aboard the HMCS Winnipeg.



ABOVE: Holt Renfrew senior manager Carla Stef and husband Ken have front row seats aboard the HMCS Winnipeg for the fireworks.

ABOVE: Cactus Club managers Dan Wensveen, left, and Casey Mackay cuddle up to server Heather Scott at the patio party.

Salute to Canada

Rear-Admiral T.H.W. Pile, Commander of the Maritime Forces Pacific, really knows how to celebrate Canada Day. And he should, given that he and his crew have the best party location in town aboard the prestigious HMCS Winnipeg.

Anchoring just off the pier at Canada Place, the ship sailed into town for the holiday celebrations. Invited VIPs were treated to first class food and libations before watching the Canada Day fireworks from one of the best viewpoints in town.

A big salute to everyone aboard for making it a very special night to remember. Also, summer patio celebrations got underway all across town.

The gang at Cactus Club Cafe in Yaletown got things rolling with a patio party that featured items from Chef Rob Feenie's menu, and live DJ music that lasted well into the night.

SocialEyes

Catherine 'Cat' Barr

info@catherinebarr.com

Cat calls? Please visit www.catherinebarr.com to submit your event or e-mail info@catherinebarr.com. She can also be heard on The Buzz 1410 AM Radio Tuesdays at 4:30 pm.

ABOVE: DJs Sherry Friesen and Ryan Hoyle spin the tunes on the patio at Cactus Club.

RIGHT: Gal pals Lillian Gagnon, left, and Isabella Morrell sip wine and dine on appetizers at Cactus Club's patio party.

LEFT: New parents Heidi and Larry Rahn enjoy a night out on the patio at Cactus Club's summer soiree.

ABOVE: Pilot Mark Zwanski celebrates the sunset aboard the HMCS Winnipeg with invited guests Johneen McElroy, left, and Shawnnova Funk.

RIGHT: There's just something about a man in uniform — wink. A big thanks to all the officers and gentlemen aboard the HMCS Winnipeg who helped put on a Canada Day celebration like no other.

RIGHT: Scott O'Brien and Karen Sawarna make the A-list guest list aboard the HMCS Winnipeg.

Lionsgate Entertainment has announced an innovative distribution and publishing agreement with indie label Narnack Records. Under the deal, which sources say is the first of its kind, Lionsgate will handle the physical and digital distribution of the Narnack catalogue and will administer the publishing rights to all of the label's new releases and some of its catalogue. REUTERS

Former Idol contestants Young, Lewis take indie route

Arguably the biggest asset that American Idol grants is exposure. Contestants go from unknown hopefuls to household names in a matter of weeks, and with that comes pressure to remain in the spotlight by rushing to release an album after the show airs.

But for every Chris Daughtry there are several LaToya Londons and Paris Bennetts, whose quick-turnaround post-Idol album debuts slip quietly under the radar.

This summer finds two more former contestants, Season 5's Ace Young and Season 3's Jon Peter Lewis, ready to step out with new releases.

To their benefit or detriment, it has been a couple of years or more since their time on the show, and both opted to go the independent, rather than the major-label, route.

Young and songwriter-producer Desmond Child split the costs of making his self-titled debut, due

Young

July 15 via Pazzo Music through Fontana/Universal. Lewis hooked up with executive producer Don Grierson and will release Break the Silence July 22 via his own Cockaroo Records through Adrenaline Music Group.

"(Young and Lewis) took a huge step to be in control of their records," says My Rocket Science director of digital media Alicia Yaffe, who is working with both artists.

And while this allowed them creative control with little label interference, they face the challenge of getting that music heard.

After Young's run on the show, he says he separated himself from the Idol machine and declined initial offers that came his way. Having worked with Brian McKnight prior to the show, Young wanted to return to his R&B and urban roots and sought out Child's help. "He wrote the rock (songs) that I grew up with," he says.

"I thought in order to show who I am musically, it would be perfect to have Desmond bring that rock production aspect, and I'm able to bring (my) urban influences."

Together they split the finances and wrote more than 50 songs, 11 of which made the final cut. Young is a writer on seven of the album's tracks, including The Letter, about breaking up with a girl over fan mail.

REUTERS

Back to reality for Ozzy?

IntelleVision

Rick McGinnis
rick.mcginnis@metronews.ca

HALLO AND WELCOME (mumble mumble) THE OSBOURNES GRAULAGRRAH SHOW ROCK AND ROOOOLLLLLLL! After basically revolutionizing reality TV, Ozzy Osbourne and his family dispersed into various TV ventures such as Project Catwalk, America's Got Talent and Jack Osbourne: Adrenaline Junkie, but they're getting back together next year for a revival of the variety show concept that attracted interest from all four networks when it was announced a month ago.

According to a TV Week story, FremantleMedia North American — the people behind Idol, among many others — have gotten a six-episode commitment from Fox for the show.

"We've been talking about how to renew the variety show concept and make it feel new for years now," Fox reality TV svengali told Variety, who added that the network hopes to launch the show with a Christmas special.

Variety speculated that the show will "blend musical perfs by the Osbournes and others with comedy sketches as

Exactly what I was hoping I'd be watching as middle-aged man when I was in my room listening to Paranoid on headphones when I was 13.

well as gameshow, audience participation and out-of-studio taped elements. One idea being kicked around is for a segment dubbed The Osbournes Meet the Osbournes, in which Ozzy and Co. spend time with another Osbourne clan."

Another possible segment of the show will supposedly involve Ozzy "skewering pop culture," which was exactly what I was hoping I'd be watching on TV as a middle-aged man when I was sitting in my room listening to Paranoid on headphones when I was 13.

YOU WISH, BUDDY: Simon Cowell, who knows that you've got to stay in the news at all costs, told ShowbizSpy.com that Paramount is interested in a movie about his life, and that he wants Brad Pitt to play him.

"It's believable!" Cowell said, no doubt insisting on the exclamation mark. Oddly enough, his fantasy hasn't extended so far as to knowing whether he'd do a cameo in said film.

I can't bring myself to be too hard on Cowell. If they ever make a movie about my life, I insist on being played by Tony Hawk, a troupe of Cirque De Soleil acrobats, and an F-22 Raptor jet fighter.

Rick McGinnis writes about music, movies, books and television, but not opera.

Italian crime drama unmasks alleged gangster

FILM Gomorra, the organized-crime tale that won rave reviews at Cannes in May, is helping the Italian police track down real criminals. According to the Italian daily newspaper Corriere della Sera, the film was screened at a Naples prison where inmates in jail for activities related to the Gomorra — Naples' version of the Mafia — recognized one of their own among the film's cast. The actor, credited in the film as Giovanno Venosa, who is reported to be a wanted organized crime figure with a passion for acting, ended up as part of the no-name cast that director Matteo Garrone selected for the film. He tried out in an open audition and won a role.

Police said they easily tracked him down and that he was placed in prison in the northern Italian city of Modena, near Bologna.

"We would have never known Venosa was who we were looking for if he had not been recognized by the inmates who saw the film," a spokesman for the Carabinieri in Naples said in a telephone interview. In the film, the character played by Venosa killed two teenagers. Police did not say which crime he has been accused of in real life.

REUTERS

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	255	358	6 CH	E! News	The Insider	Real Housewives		Kimora: Fab	Kardashians	Living Lohan	D. Richards	News (N)
	254	-	8 M	Law & Order: SVU		Mandarin News		Cantonese News (N)		Punjabi News (In Punjabi N)		The Simpsons
	250	321	9 CTV	eTalk (CC)	Hollywood	The Moment of Truth (CC)		Canadian Idol (CC)		Law & Order: SVU		News (N)
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	252	336	11 GTV	Entertainment	ET Canada	Wipeout (N) (CC)		In Plain Sight "Trojan Horst"		Shark (CC)		News (N)
	256	389	12 VI	Degrassi	Friends (CC)	Celebrity Family Feud (N)		America's Got Talent (N)		Without a Trace "Res Ipsa"		News (N)
	253	359	13 CITY	Wheel-Fortune	Jeopardy! (N)	Japanese Game Show		Hell's Kitchen (CC)		Two/Half Men	Role	Reviews
	-	-	14 CW	'70s Show	'70s Show	Beauty and the Geek (CC)		Reaper "Hungry for Fame"		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "Friends and Lovers"		48 Hours Mystery (CC)		Without a Trace "Res Ipsa"		News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	Celebrity Family Feud (N)		America's Got Talent (N)		Law & Order: SVU		News (N)
	602	568	19 W	Will & Grace	Friends (CC)	Maxed Out	Style by Jury	Kim	Style by Jury	How to Look Good Naked		Maxed Out
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	Wipeout (N) (CC)		Japanese Game Show		Primetime: The Outsiders		News (N)
	-	-	23 KVOS	M*A*S*H	Scrubs (CC)	The Patriot ★ (1986) Gregg Henry, Simone Griffeth.				Cheers (CC)	Scrubs (CC)	Seinfeld
	291	383	27 PBS	Steves Europe	Rudy Maxa	Nova "The Perfect Corpse"		Wide Angle (N) (CC)		P.O.V. "The Ballad of Esequiel Hernandez" (N)		
	290	382	28 FOX	Two/Half Men	Two/Half Men	The Moment of Truth (CC)		Hell's Kitchen (CC)		News (N) (CC)		Family Guy
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	296	654	34 SBK	Frasier (CC)	Frasier (CC)	Cheers (CC)	South Park	Comics Un.	Half & Half	Entertainment	The Insider	Real Estate
	298	653	35 TLA	Two/Half Men	Two/Half Men	Beauty and the Geek (CC)		Reaper "Hungry for Fame"		KTLA Prime News (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	Sex and-City	Friends (CC)	Will & Grace	Will & Grace	My Wife-Kids
	297	652	37 WPX	CW11 News at Ten		Two/Half Men	Friends (CC)	Sex and-City	Will & Grace	Frasier (CC)	George Lopez	Odd Couple
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news	502	390	29 NW	China's Sexual Revolution		CBC News: The National (N)		CBC News: The National		China's Sexual Revolution		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	MLB Baseball Seattle Mariners at Oakland Athletics. From McAfee Coliseum in Oakland, Calif.						Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	SportsCentre (Live) (CC)			In This Corner	Boxing (CC)				SportsCentre
	411	457	49 OLN	Cycling		Adventures	Strand-Peters	Cycling Tour de France Stage 4. Time trial. From Cholet, France.				
	410	403	54 SCR	Score Update		Schwab	World Cup of Poker		Score Update	Score Update		Score Update
	417	406	55 SC	Super Bikes!	Super Bikes!	Pinks	Pass Time	Prelude to the Dream: One Epic Race				Super Bikes!
	416	409	144 GLF	(6:00) Fútbol de España		Gol TV News		Hallo Bundesliga		Gol TV News		Gol TV News
family	552	543	25 YTV	Malcolm-Mid.	Prank Patrol	Fries That?	Futurama	Prank Patrol	Mystery Hnt.	Falcon Beach "The Next Life"		Mystery Hnt.
	555	545	50 TEL	George	Merrie Melody	Loonatics	6teen (CC)	Total Drama	Futurama	Hellboy: Sword of Storms (2006, Fantasy) (CC)		
	557	541	51 FAM	That's-Raven	Smart Guy	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	56 TRE	Comfy Couch	Rolie Polie	Beren. Bears	Dragon	Backyard	Dora-Explorer	Crazy Quilt	Treetown	Comfy Couch
cable variety	268	354	5 KNO	Gardens	Recreat. Eden	Himalaya With Michael Palin		And They Danced		The Golden Bridge (CC)		Leading Edge
	575	583	60 CMT	Home Imp.	Roseanne	CMT30	Totally	Reba (CC)	Hope & Faith	Home Imp.	Roseanne	Ed (CC)
	570	580	62 MM	Instant Star	Instant Star	Gone Wild	Gone Wild	So You Think You Can Dance The top 14. (CC)				Dance
	600	564	63 H&G	The Stagers	Green Force	Holmes on Homes (CC)		Dirty Business	Outside	Colin & Justin's Home Heist		The Stagers
	615	520	61 A&E	CSI: Miami "Shock" (CC)		CSI: Miami "Rampage" (CC)		The First 48 (CC)		The First 48 (N) (CC)		CSI: Miami
	628	584	82 SPKE	CSI: Crime Scene Invstgtn.		CSI: NY "The Fall" (CC)		CSI: Crime Scene Invstgtn.		Star Trek: Voyager "Nemesis"		Deep Space 9
	521	560	64 TLC	What Not to Wear "Leigh W."		What Not to Wear: Spouse		What Not to Wear "Rita"		What Not to Wear "Leigh W."		Singing Office
	616	522	69 SHO	ReGenesis "Blackout" (CC)		Blue Murder (CC)		Trailer Park	Kenny-Spenny	CSI: NY "Some Buried Bones"		House (CC)
	620	523	70 BVO	Live at the Rehearsal Hall		Law & Order "Encore" (CC)		Without a Trace (CC)		Live at the Rehearsal Hall		Judy Berlin
	601	562	71 SLC	Plastic-Perfect	Matchmaker	Nearly Dead	In Laws	Shear Genius		Plastic-Perfect	Matchmaker	Trading Sp
	520	505	72 DIS	Deadliest Catch (N)		Daily Planet (CC)		Smash Lab		Deadliest Catch		How It's Made
	522	506	74 HIS	NCIS "Witness" (CC)		Digging for the Truth (CC)		Finding the Fallen (CC)		NCIS "Witness" (CC)		Crime Stories
	627	528	75 SPC	Battlestar Galactica (CC)		Stargate SG-1 "Fallen" (CC)		Star Trek: Voyager (CC)		Star Trek: Enterprise (CC)		Star Trek Gen.
	294	650	97 TBS	The Office	The Office	My Boys	Sex and-City	Sex and-City	Cellular ★★ (2004) Kim Basinger, Chris Evans. (CC)			
	619	525	98 TROP	News Show	News Show	ET Canada	What	Family Guy	Seinfeld	Seinfeld	Frasier (CC)	Family Guy
	603	561	99 FN	Top Chef "Block Party" (CC)		Restaurant Makeover (CC)		Iron Chef America (CC)		HEAT	HEAT	Top Chef
	626	547	97 COM	Air Farce	22 Minutes	Laughs	Corner Gas	The Simpsons	South Park	Comedy Inc.	Tom Green	Daily Show
	320	621	60 CEN	(6:25) Decoys 2 (2007) (CC)		The King of Kong: A Fistful of Quarters (2007)		Ganja Queen (2007, Documentary) (CC)				King of Kong
	581	566	101 MTV	Shot at Love-Tila Tequila		MTV Live (CC)		Shot at Love-Tila Tequila		Shot at Love-Tila Tequila		MTV Live
	261	394	102 V	Jozi-H Greg's brother arrives.		Mysterious Ways (CC)		Quantum Leap		Eyes Down	On the Buses	Paid Program
	-	-	105 MUL	The Land	Daughters	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics' corner

Hell's Kitchen
The slicing and dicing — not to mention the sweating and swearing — come to an end with the season finale of the reality series. One last challenge will determine which of the contestants who started the show has the right stuff — as determined by tart-tongued host Gordon Ramsay — to run a restaurant. 9 PM on CITY

P.O.V.
No matter how you feel about illegal immigration and the need for more control of our borders, you'll be moved by the new documentary "The Ballad of Esequiel Hernandez." He was 18 when U.S. Marines patrolling the U.S.-Mexico border fatally shot him, thinking he was a drug runner. He was a U.S. citizen — the first to be killed by our military on U.S. soil since Kent State. Friends, relatives and the Marines on duty share their stories. 10 PM on PBS

Fight Nicole Richie was reportedly removed from Las Vegas' Hard Rock Hotel and Casino on the weekend after fighting with a fellow reveller while waiting in line for the valet outside the hotel following a night of rowdy partying.
FEMALEFIRST.CO.UK

Celebrity Buzz

Kidman, Urban have baby girl

BIRTH Nicole Kidman and her husband, Keith Urban, have welcomed their first child together, a daughter named Sunday Rose Kidman Urban, born yesterday morning in Nashville, People.com reports.

"Husband Keith was by Nicole's side, and mother and baby are very well," said spokesman Paul Freundlich, who added the couple were "delighted" to make the announcement. He also said the baby girl weighed 6 lbs., 7.5 oz.

The pregnancy was first announced in January. Kidman has two other children with her former husband Tom Cruise: Isabella, 15, and Connor, 13. In the days leading up to the birth, the couple – who celebrated their second wedding anniversary on June 25 – didn't stray from their normal routine in and around Nashville, where they reside in a gated community.

From early morning stops at a local Starbucks for warm drinks to a little sweat at the gym later in the day (Kidman was a regular at spin and yoga classes during her pregnancy), the couple remained low-key.

"She's never been happier and healthier," says a close family friend.

METRO NEWS SERVICES

ALL PHOTOS GETTY IMAGES

Streep slams male stars for having plastic surgery

BEAUTY Veteran actress Meryl Streep has hit out at male stars who have plastic surgery in a bid to retain their youthful looks — insisting they should give up and "embrace getting older," imbd.com reports.

The 59-year-old claims she has always resisted the temptation to go under the knife, but is worried about the growing number of actors who are looking to surgeons for a helping hand with their appearance.

She says, "You'd be amazed how many men in the industry have gone down that road. I don't get it. I think you have to embrace getting older and celebrate life."

Streep insists she is actually more secure in her work now that she is no longer considered a Hollywood beauty. METRO NEWS SERVICES

celebrity brief

Thurman learns never say never

MARRIAGE Uma Thurman is learning never say never. After her two divorces from Gary Oldman and Ethan Hawke, the Kill Bill star swore she'd never marry again, people.com reports. In her first interview since her engagement to multimillionaire Arpad "Arki" Busson was announced, Thurman tells the U.K.'s Sunday Times Style magazine she's happy to go back on her word. "I'm going to have to retract my statement of never. I'll have to eat my words."

METRO NEWS SERVICES

Alba wants to be laid-back mom

PARENTING New mom Jessica Alba, who gave birth to her first child last month, is considering how she and husband Cash Warren will influence their daughter, people.com reports. "Kids' personalities have so much to do with the parents," she told Britain's Sunday Express. "If you're very paranoid and uptight ... they are going to take on that anxiety. If you're a little more laid-back ... you'll probably have an easier time with them. I guess I'll find out."

METRO NEWS SERVICES

celebrity brief

Rodriguez's wife files for divorce

SPLITTING UP The estranged wife of all-world Yankee star Alex Rodriguez filed for divorce Monday in Miami, seeking to dissolve their five-and-a-half-year union, people.com reports. "The marriage of the parties is irretrievably broken because of the husband's extra-marital affairs and other marital misconduct," Cynthia Rodriguez's petition reads, adding that the slugger had "emotionally abandoned his wife and children." While citing numerous alleged infidelities committed by the baseball superstar, Cynthia did not specifically mention Madonna in court papers after a week of media reports suggesting the Queen of Pop and Rodriguez may have carried on an illicit affair.

METRO NEWS SERVICES

Carrey tries on girlfriend's suit

BEACH WEAR Jim Carrey stunned beach-goers in California by wearing his girlfriend Jenny McCarthy's bathing suit while celebrating the 4th of July holiday, imdb.com reports. The couple was photographed strolling along a beach in Malibu — with the former Playmate wearing a plunging black swimsuit. But moments later, the 45-year-old funnyman shocked onlookers when he reappeared donning the racy swimsuit.

METRO NEWS SERVICES

Cohen back to prankster movies

FILM Sacha Baron Cohen claimed his first victim for his new prankster movie — setting up an Israeli analyst, Yossi Alpher, for an outrageous interview on the Middle East conflict, imdb.com reports. Cohen lured the public into appearing in his hit 2006 Borat: Cultural Learnings Of America For Make Benefit Glorious Nation Of Kazakhstan. His new film will feature Bruno, an Austrian fashion journalist.

METRO NEWS SERVICES

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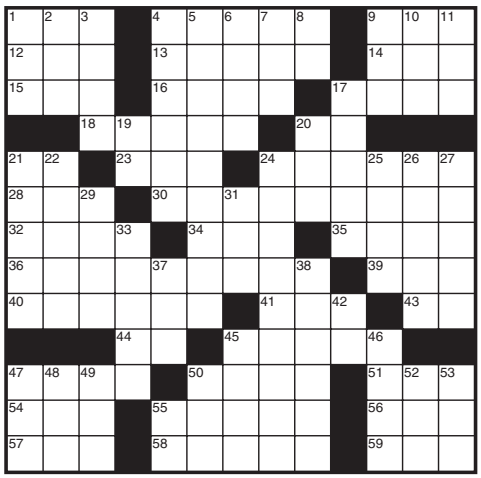
A note from a piece by a U.S. composer is to be played this weekend in a German town in what has been called the world's slowest and longest concert. The performance began in 2000 and is scheduled to last a total of 639 years. **BBC NEWS ONLINE**

Take Five



Crossword across

1 Holed up
4 Crank
9 Many millennia
12 Cassius Clay
13 "Maria —"
14 APB datum
15 Gosh!
16 Senator Cranston
17 Hindu — range
18 Inventor
20 Marlins' st.
21 Pacino or Unser
23 Cookout plus
24 Book jacket ads
28 Tint
30 Sunlight
32 Cropland measure
34 Mae West role
35 Territory
36 Kind of quarry (2 wds.)
39 Oolong or pekoe
40 Without strain
41 Bird's beak
43 Tooth puller's deg.
44 Pitcher — Young
45 People devourers
47 Reunion attendee
50 For real
51 Dark brew
54 2001 to Ovid
55 Slot machine city
56 Validate
57 Sharp bark
58 Physicist Nikola —
59 Want-ad letters

Crossword down

1 Old crone
2 Dot in the Seine
3 Carpe —!
4 More diluted
5 Under the table
6 At hand
7 News channel
8 Snort of surprise
9 Perfume label word
10 Go-aheads
11 Uh-uh
17 Clumsy sort
19 Gold Rush st.
20 Gator Bowl site
21 Proverb
22 Spandex fiber
24 Double-tongued?
25 Uprising
26 Prepared fish
27 Golfer Sam —
29 Bullpen stats
31 Quick swim
33 Force out
37 Famous cathedral town
38 Singer — Brewer
42 Live
45 PTA and NEA
46 Goalie's feat
47 A Vanderbilt
48 Ms. Thurman
49 Pinch
50 Kickoff stand
52 August sign
53 Summer in France
55 New England st.

950,000
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metro
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previous day's answer

	F	R	I	E	S		R	U
M	O	U	S	S	E		I	N
A	R	I	A		W	A	L	D
T	E	N				F	L	O
E	S	S	E		H	A	S	
		A	M	O	R		P	L
A	H		V	E	T		F	A
K	E	Y	E	D		C	O	L
I	R	I	S		M	O	B	
M	O	P		B	A	A		
B	I		N	U	L	L	S	
O	C	C	U	L	T		A	G
	S	A	N	K	A		P	O

This day in history

JULY 8, 1776: The Declaration of Independence was read aloud in Philadelphia, Pennsylvania.

JULY 8, 1822: Chippewas turn over huge tract of land in Ontario to the United Kingdom.

JULY 8, 1892: St. John's, Newfoundland was devastated in the Great Fire of 1892.

JULY 8, 1947: Reports are broadcast that a UFO has crash landed in Roswell, New Mexico.

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Sarcasm from a stranger will be surprising. Something hidden is brought into the light. Take your diet into account if you're unwell.

TAURUS
APRIL 21-MAY 21
A mysterious ailment disappears when your love life improves. You'll see eye-to-eye with a practical person. Keep things in line at home.

GEMINI
MAY 22-JUNE 21
Three people will visit and have an effect. Taking it easy will be difficult. Useless reminders need to be disregarded.

CANCER
JUNE 22-JULY 22
Younger people are causing frustration. A down-to-earth project will get the go-ahead. An adversary tries to climb to the top.

LEO
JULY 23-AUG 23
A romantic woman loathes company. A misunderstanding works in your favour. An associate finally makes good on a promise.

VIRGO
AUG 24-SEPT 22
A buddy is excited by odd behaviour. An honest man will meet with decision-makers. Maintain silence about travel arrangements.

LIBRA
SEPT 23-OCT 23
You must accept an anxiety-producing challenge. An emotional block causes a delay in plans. A message puts you on "Romance Alert."

SCORPIO
OCT 24- NOV 22
A skin condition will clear up on its own. Emotions will run wild if anyone is given free rein. A blonde wants more money.

SAGITTARIUS
NOV 23- DEC 21
The focus is on being emotionally fulfilled. Don't be selfish but insist on getting respect. A hunch can create havoc.

CAPRICORN
DEC 22-JAN 20
A phone call has serious consequences. You can refuse to be frightened. Consideration will come your way later on.

AQUARIUS
JAN 21-FEB 18
A depressing weight gain starts to dissolve. You can aid in reducing somebody's misery. A sincere compliment reveals too much.

PISCES
FEB 19-MAR 20
Avoid wearing someone down with complaints. The winds of change will distress someone. A friend's indifference is resented.

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		6		1	7	2		
2	4		8		9			
	7	5		3		6		
5	6			2		9		8
	3						7	
9		7		5			2	4
		9		4		8	5	
			1		8		6	2
		8	3	7		4		

Sudoku

INSTRUCTIONS:
The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

previous day's answer

5	6	9	4	7	3	2	8	1
4	7	8	1	2	9	5	6	3
2	3	1	8	6	5	7	9	4
6	1	7	5	9	2	3	4	8
8	5	2	3	4	6	1	7	9
3	9	4	7	1	8	6	5	2
1	8	5	9	3	7	4	2	6
7	2	3	6	8	4	9	1	5
9	4	6	2	5	1	8	3	7

SOLVE TIME IN MINUTES:
Under 13 . . . . . Genius
13-17 . . . . . Scholar
17-21 . . . . . Smart
21-25 . . . . . Not bad
25+ . . . . . Keep practicing

Vancouver weather

The Weather Network
theweathernetwork.com

Afternoon	Tonight	Wednesday	Thursday	Friday
Sunny. 23°	Clear. Low 14°	Sunny. 20°/ 13°	Partly cloudy. 19°/ 13°	Sunny. 19°/ 11°

Temperature
Normals
High: 21.4°
Low: 12.6°

Records
High: 27.5°/1985
Low: 8.9°/1937

Sunrise: 5:17 a.m.
Sunset: 9:17 p.m.
Moonrise: 12:20 p.m.
Moonset: 11:52 p.m.

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5720 East Boulevard
689 Thurlow St.
970 Granville St.
3 - 1855 Burrard St.
3343 West Broadway
2748 Rupert St.
1 - 525 Seymour St.
150 - 625 Howe St.
105 - 950 West Broadway
543 Main St.
1707 Robson St.
1092 Kingsway
10 - 3490 Kingsway
205 - 896 Cambie St.
102 - 229 Keefer St.
220 E 1st Ave.
8123 Main St.

Burnaby
Brentwood Mall
Crystal Square
Lougheed Mall
Metrotown/Metropolis
214B 4501 North Road
4711 Kingsway
7531 Market Crossing
111 - 3823 Henning Dr.
204B - 3430 Brighton Ave.

Coquitlam
Coquitlam Centre
101 - 3278 Westwood St.
5 - 3000 Lougheed Hwy.
2700B Barnet Hwy.
2 - 901 Lougheed Hwy.
22 - 2988 Glen Dr.

West Vancouver
Park Royal Shopping Centre North/South

North Vancouver
Capilano Mall
127 - 1199 Lynn Valley Rd.
1295 Marine Dr.
1748 Lonsdale Ave.
1392 Main St.

New Westminster
Royal City Centre

Richmond
Aberdeen Centre
Admiralty Square
Ironwood Mall
Lansdowne Mall
Parker Place
Richmond Centre
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